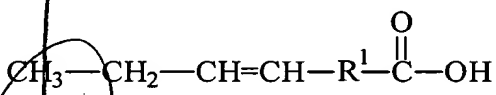
CLAIMS:

1. A nutritional supplement comprising a sterol and an omega-3 fatty acid, or an ester thereof, for lowering cholesterol and triglyceride levels in the bloodstream of a subject.

2. The nutritional supplement according to claim 1, wherein the sterol and omega-3 fatty acid are together in the form of an ester.

3. The nutritional supplement according to claim 1, wherein the omega-3 fatty acid, that is present as such or as a component of an ester, has the formula:



wherein R^1 is a (C_3-C_{40})alkenyl group comprising at least one double bond.

4. The nutritional supplement according to claim 3, wherein R^1 has from 2 to 5 double bonds.

5. The nutritional supplement according to claim 2, wherein the omega-3 fatty acid is eicosapentaenoic acid 20:5ω3 (EPA).

6. The nutritional supplement according to claim 2, wherein the omega-3 fatty acid is docosahexaenoic acid 22:6ω3 (DHA).

7. The nutritional supplement according to claim 2, wherein the sterol is stigmasterol.

8. The nutritional supplement according to claim 2, wherein the sterol is sitosterol.

9. The nutritional supplement according to claim 2, wherein the sterol is fucosterol.

10. The nutritional supplement according to claim 2, wherein the sterol is fucostanol.

11. The nutritional supplement according to claim 2, wherein the sterol is β-sitostanol.

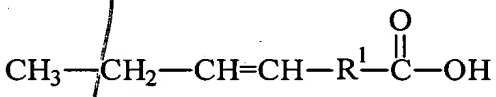
12. The nutritional supplement according to claim 1, wherein the sterol is a phytosterol.

13. The nutritional supplement according to claim 1, wherein the omega-3 fatty acid is derived from fish oil.

14. A method of lowering cholesterol and triglyceride levels in the bloodstream of a subject, the method including the step of administering an effective amount of a nutritional supplement comprising a sterol and an omega-3 fatty acid, or an ester thereof, to a subject.

15. The method according to claim 14, wherein the sterol and omega-3 fatty acid are together in the form of an ester.

16. The method according to claim 15, wherein the omega-3 fatty acid, that is present as such or as a component of an ester, has the formula:



wherein R^1 is a (C_3-C_{40})alkenyl group comprising at least one double bond.

17. The method according to claim 16, wherein R^1 has from 2 to 5 double bonds.

18. The method according to claim 15, wherein the omega-3 fatty acid is eicosapentaenoic acid 20:5ω3 (EPA).

19. The method according to claim 15, wherein the omega-3 fatty acid is docosahexaenoic acid 22:6ω3 (DHA).

20. The method according to claim 15, wherein the sterol is stigmasterol.

21. The method according to claim 15, wherein the sterol is sitosterol.

22. The method according to claim 15, wherein the sterol is fucosterol.

23. The method according to claim 15, wherein the sterol is fucostanol.

24. The method according to claim 15, wherein the sterol is β-sitostanol.

25. The method according to claim 15, wherein the sterol is a phytosterol.

26. The method according to claim 15, wherein the omega-3 fatty acid is derived from fish oil.

27. Use of a nutritional supplement comprising a sterol and an omega-3 fatty acid, or an ester thereof, for lowering cholesterol and triglyceride levels in the bloodstream of a subject.

28. A foodstuff having a nutritional value enhanced by incorporation of the nutritional supplement according to claim 2.

29. Use of the nutritional supplement according to claim 2 in the manufacture of a foodstuff.